

Performance Power The Nutrition Connection

THE NUTRITION CONNECTION



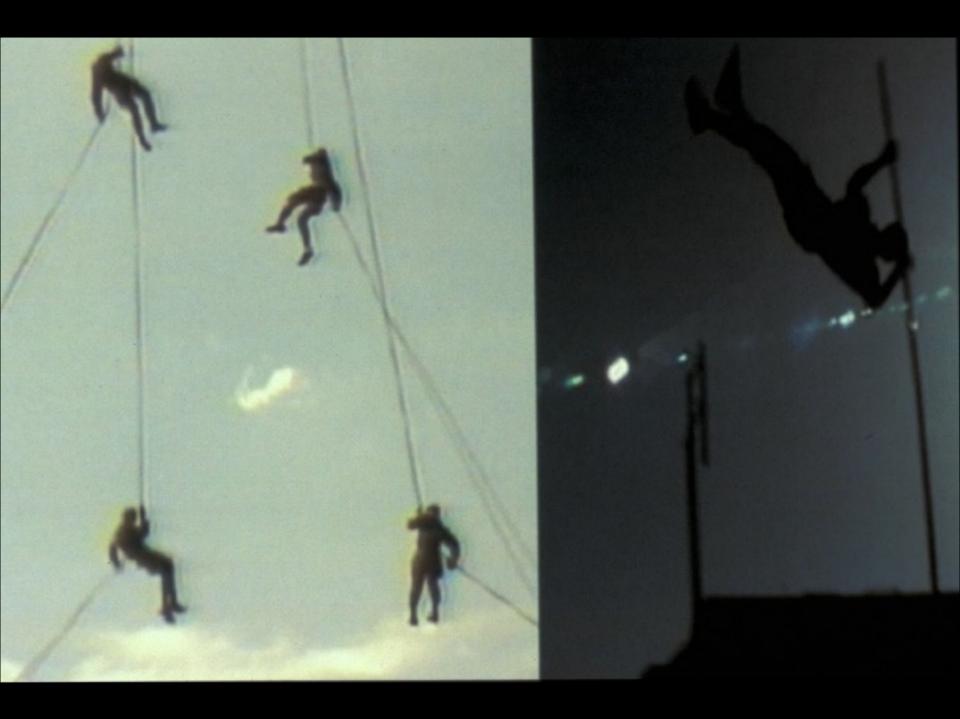


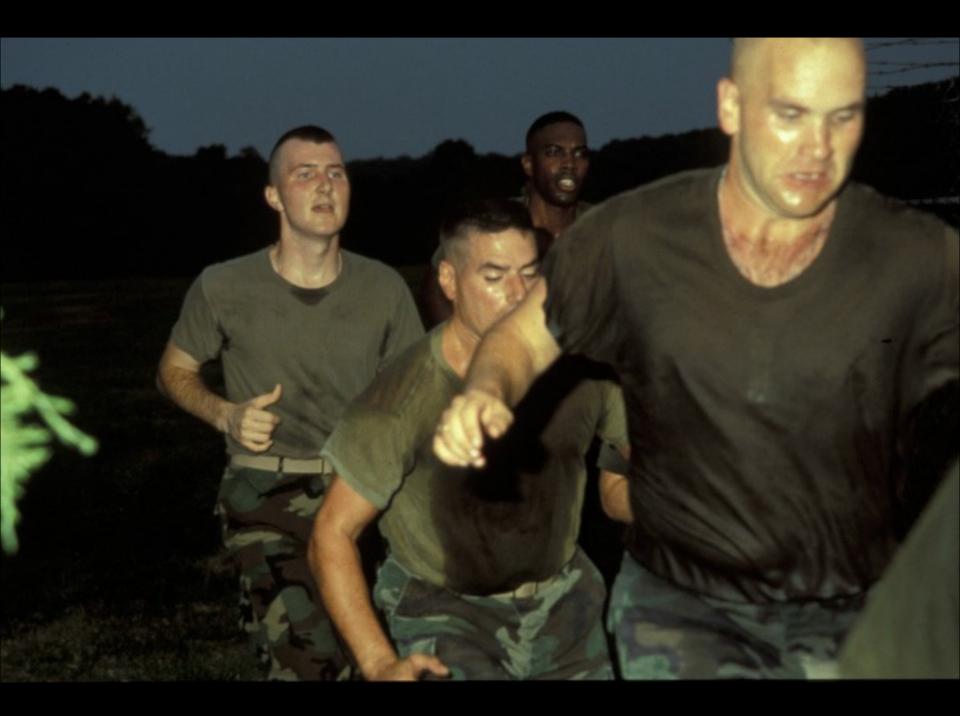
















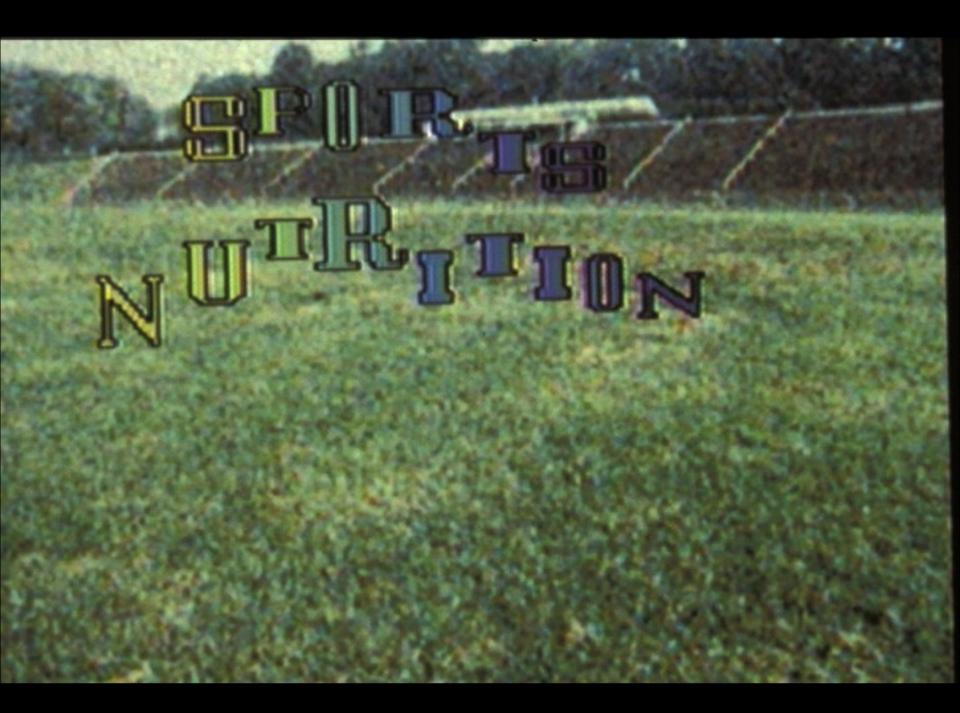


























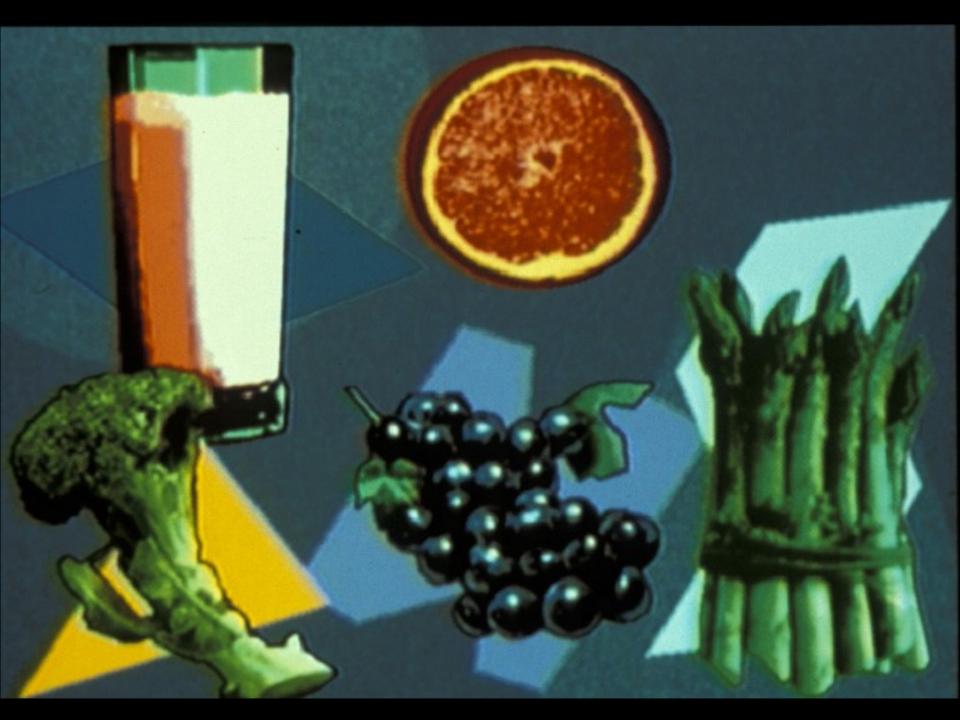




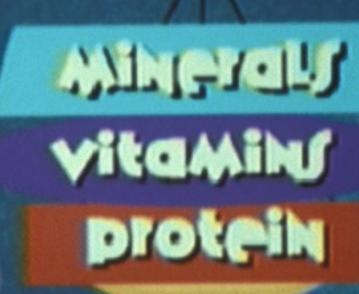








BALANCE OF NUTRIENTS



water
fat
carpohydrate/



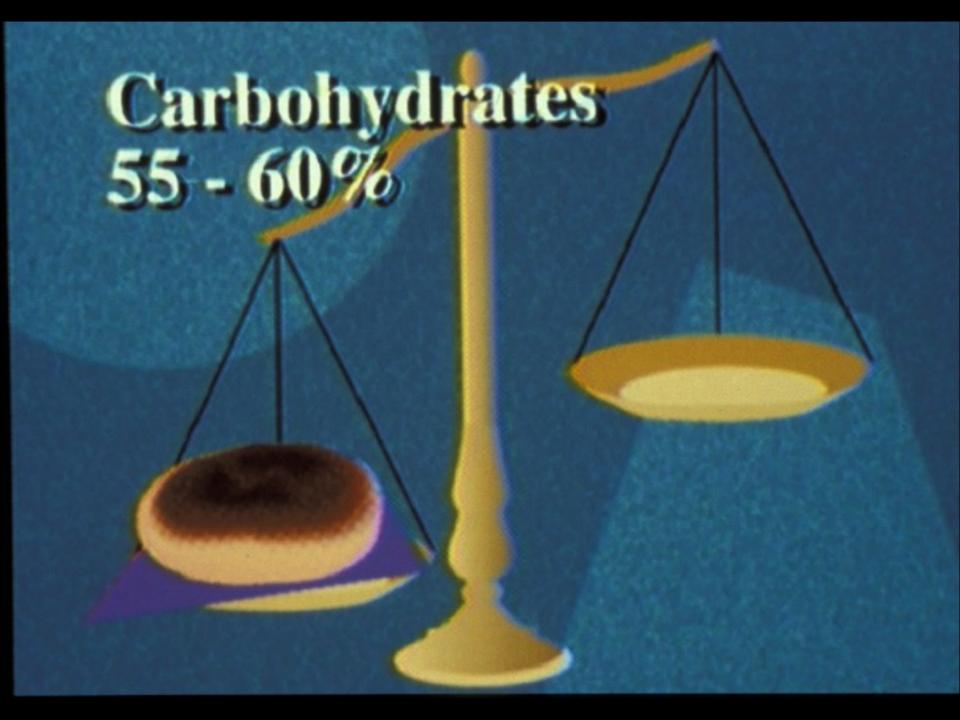


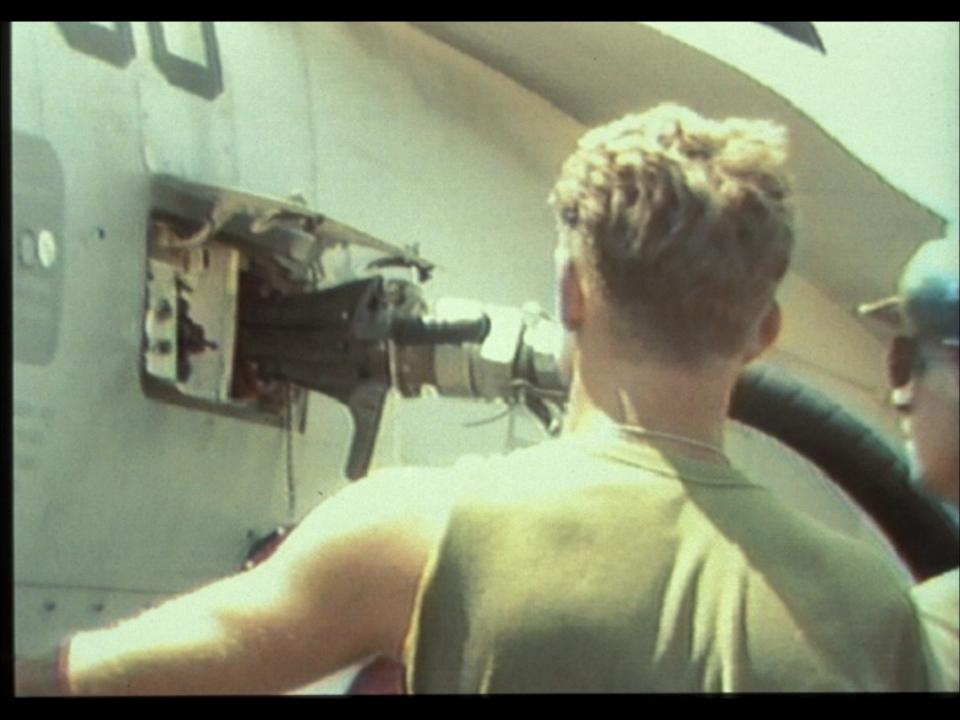


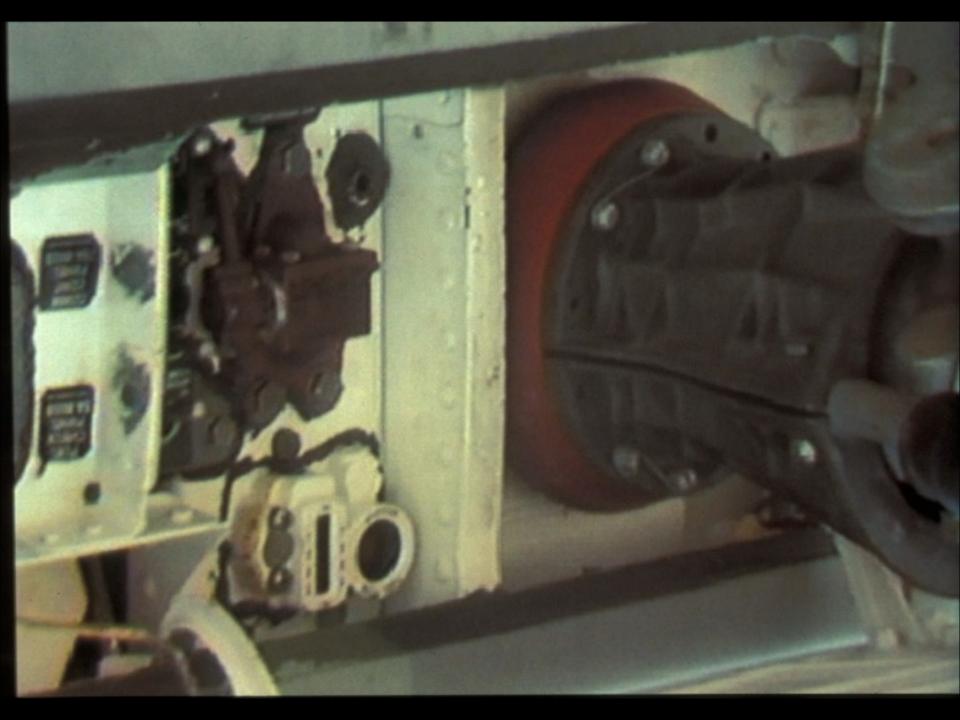












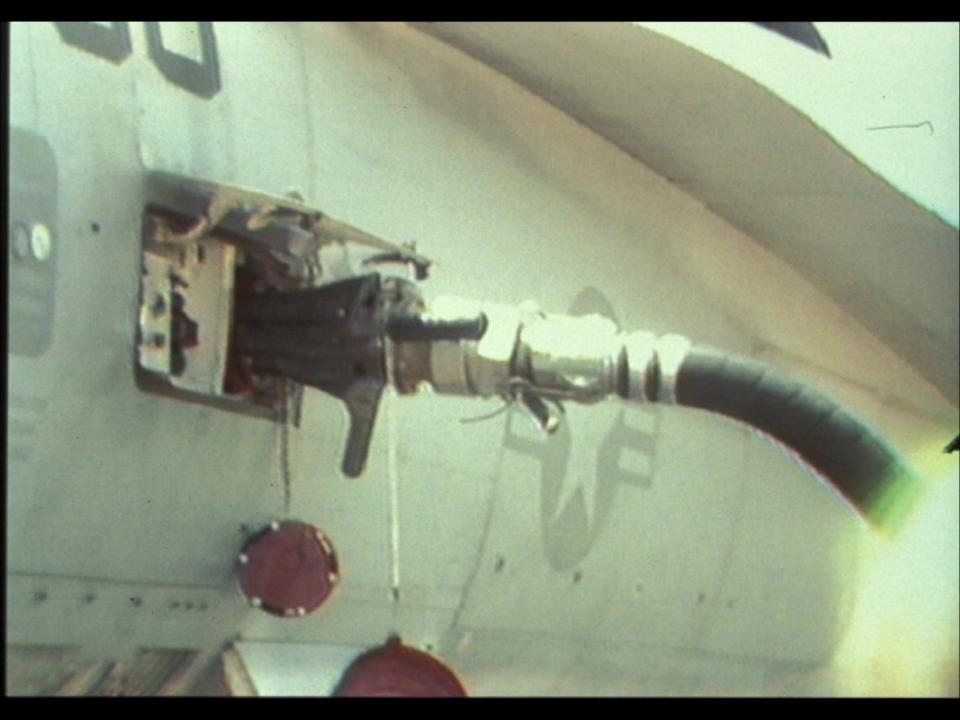




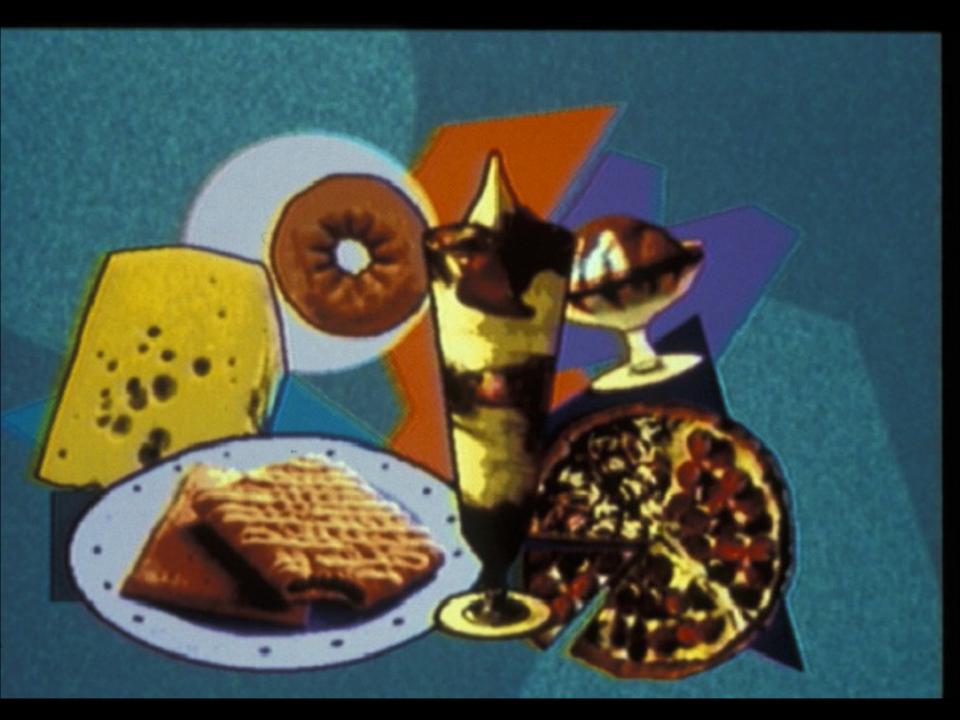


















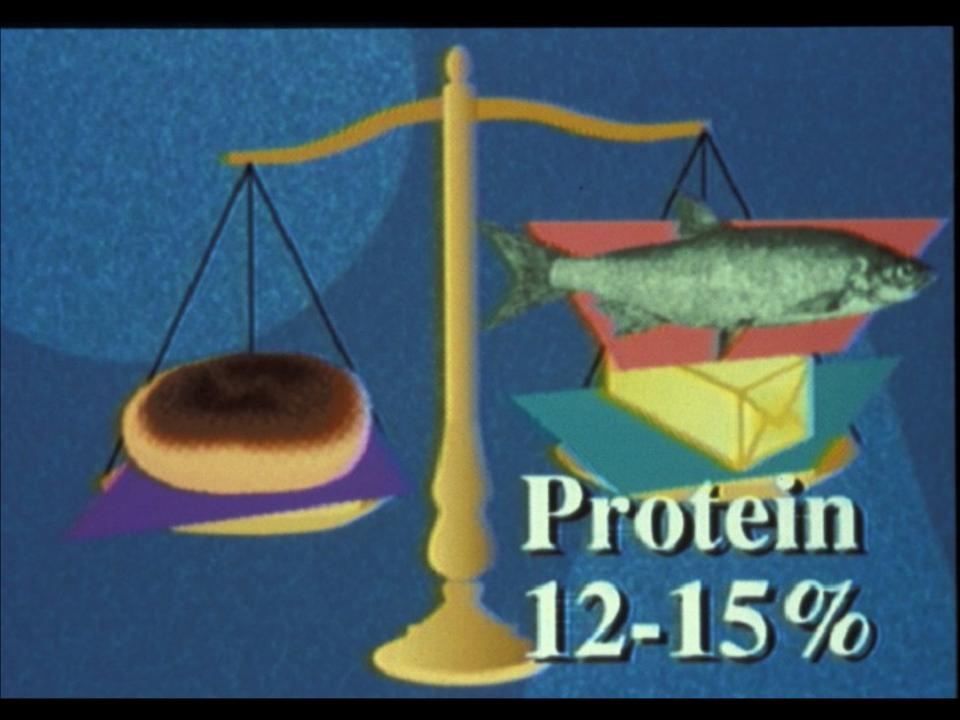


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11/2 TIMES THE PROTEIN NEEDED FOR LOW ACTIVITY

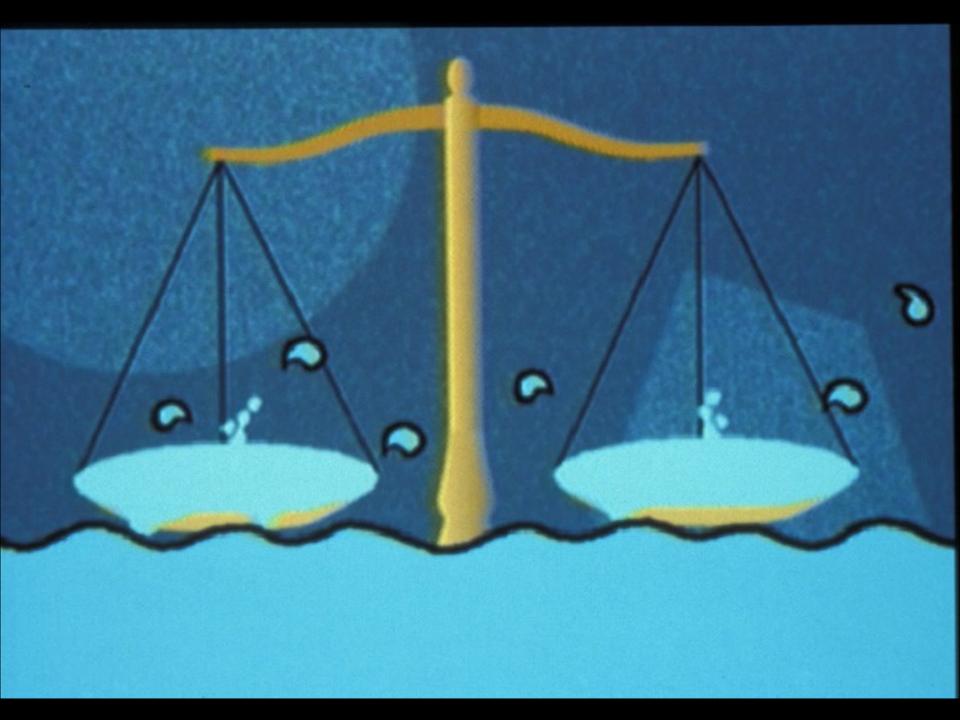




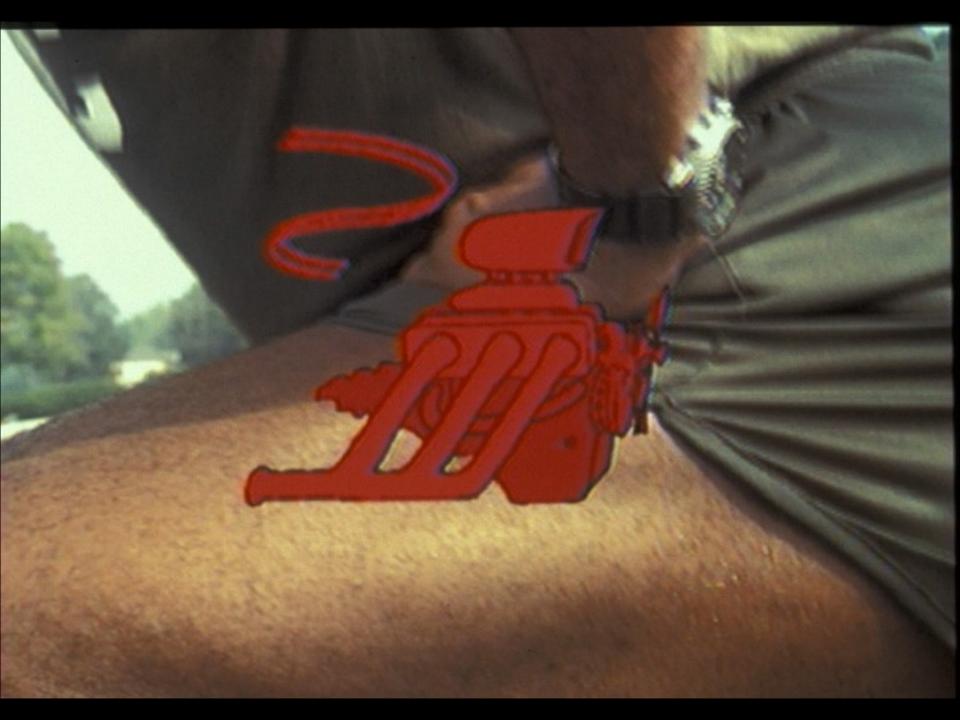






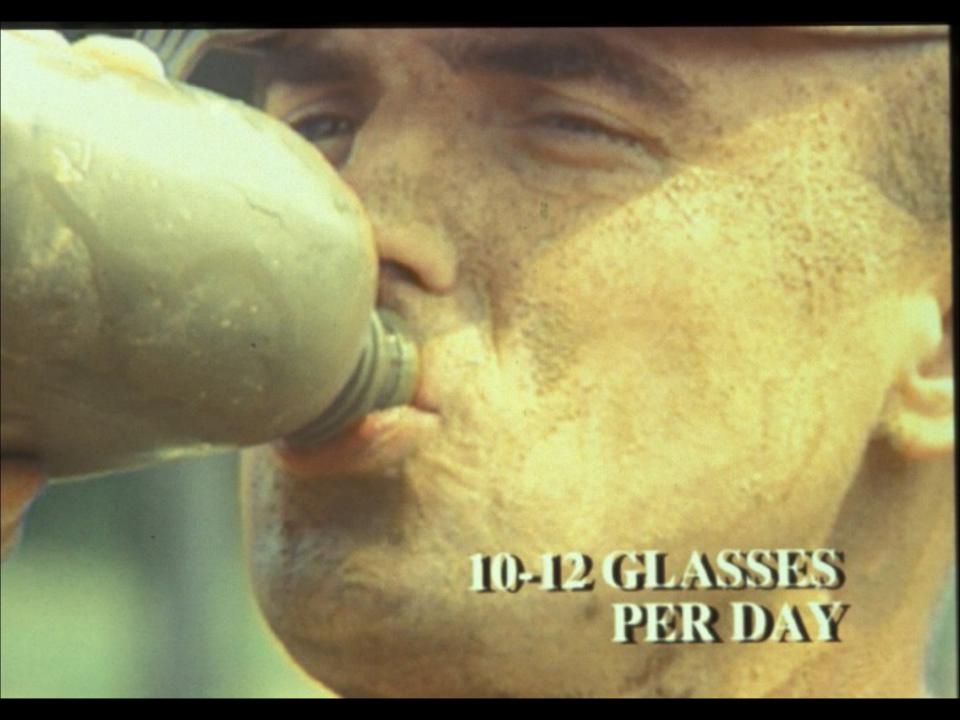


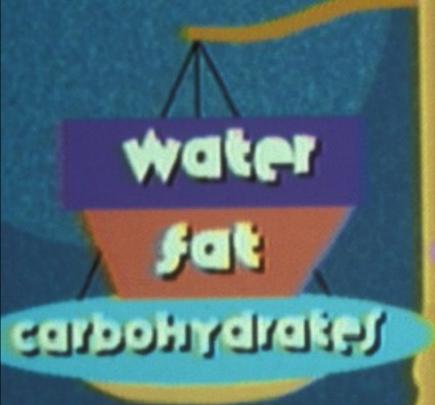












Witawing Protein





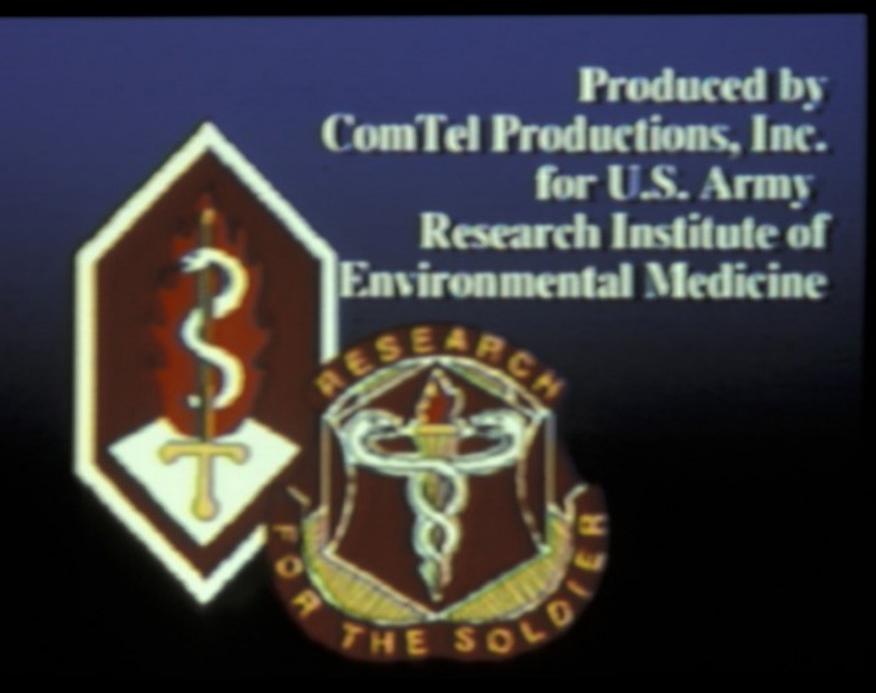








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